

BLOOD SUGAR LOG

Name: _____

Doctor: _____

Date: _____

Telephone: _____

MY TARGET BLOOD SUGAR RANGES ARE

_____ mg/dL to _____ mg/dL before meals

_____ mg/dL to _____ mg/dL 2 hours after meals

ADA BLOOD GLUCOSE TARGETS

Before breakfast: 70 to 130 mg/dL

2 hours after meals: below 180 mg/dL

SUN	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
MON	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
TUE	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
WED	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
THU	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
FRI	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____
SAT	Date _____	Blood sugar reading _____ mg/dL _____ mg/dL _____ mg/dL	Notes _____ _____	☐ I Exercised _____

IMPORTANT SAFETY INFORMATION ABOUT INSULIN

The most common side effect of insulin is low blood sugar. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision, while some experience no symptoms at all. That's why it's important to check your blood sugar often.